



Jim Reynolds, Director/Outreach Coordinator: (978) 468-5529

Monday - Friday 9:00 am - 4:00 pm

THE WENHAMITE

MAY 2014

WENHAM COA
10 SCHOOL STREET
978-468-5534
COA@WENHAMMA.GOV

Volume 1, Issue 8

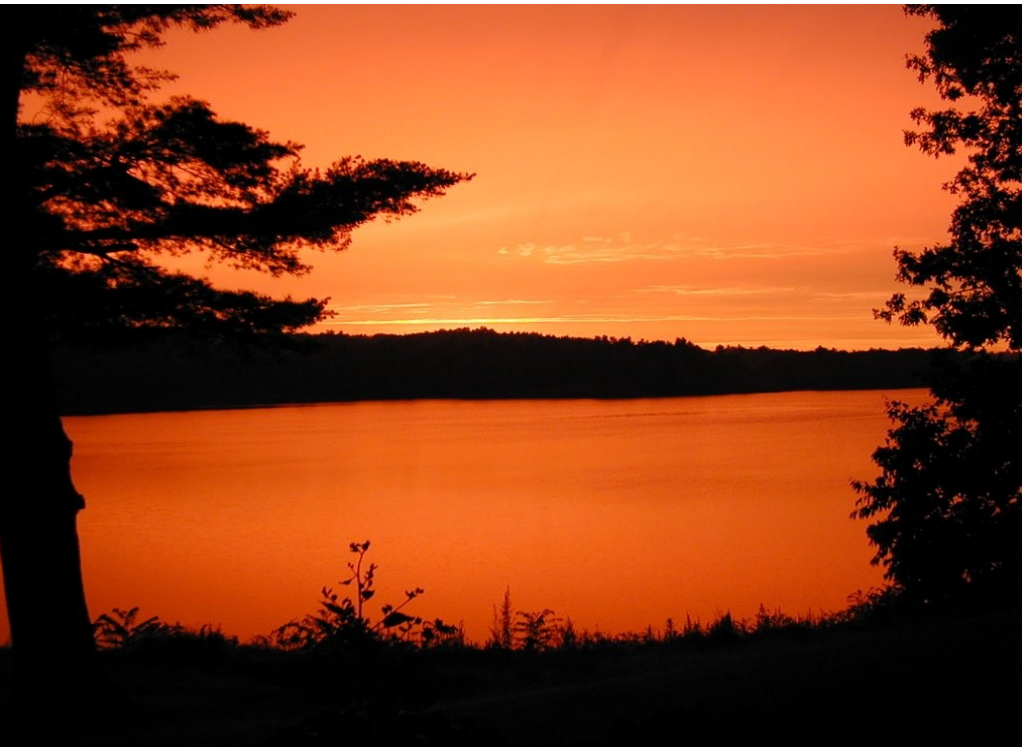
*"A little madness in the Spring
Is wholesome even for the King."*

~Emily Dickinson

I have been giving some thought to different aspects of our services and programs. On the one hand, we are trying to develop into a valued resource center for those in our community that may need some help figuring out housing options, transportation needs, basic money management, meals, legal referral, caregiver support and other kinds of information referral and advocacy. That in fact is our primary charter and we hope you will give us a call for help if you need it. On the other hand, we are working to provide healthy exercise options, entertainment venues, opportunities for civic engagement, volunteer opportunities, day trips to places of interest, find good speakers and simply put, provide other opportunities to engage with others in the community.

We would enjoy hearing from you and you can help us by coming forward and letting us know how we can be helpful. We are here from 9am – 4 pm and would enjoy discussing your ideas.

Jim Reynolds



The mission of the Wenham Council on Aging is to serve as a supportive family resource as emerging needs of Wenham residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where adults may participate in social, educational, and cultural programs reflective of their needs.

Outdoor Walking Club

"Witness the Fitness" begins: Thursday, May 8th

**Call for information 468-5534 sponsored by
Boston Center for Physical Therapy and Sports Medicine**

Fitness is important for everyone, and especially important to help us counteract all the effects of aging. We know the benefits of exercise and the scientific evidence is clear. Exercise can help improve heart health, strengthen muscles, build bone density, improve your mood, help you sleep better and even increase your cognitive abilities. The Heart Association, the CDC and Diabetes association all agree that adults should do 30 minutes of exercise a day on at least 5 days a week, or 150 minutes total each week. They also recommend that older adults do strengthening for all the major muscle groups on at least two days per week. Many people would like to get more exercise but are unsure how to start. Start with us! The Town of Wenham will cover the fee of \$10 for all participants.

Attitude and Gratitude

In another month or so Albert W. Dodge will turn 100 years old, and when asked he said it was as much of a shock to him as anyone. He spoke fondly of his work on the committee appointed to build the Hamilton-Wenham High School. His walker was sitting near the table which he pointed to saying, “they want me to use it, but I don’t need it now”. I asked if he had a cane and he said, “I have canes everywhere, but they like me to use that thing”.

Jack Hauck wrote a book called *Albert Winslow Dodge; A Man of Many Trees*, if you are interested in learning more about Wes, Cherry (*for Cherub*), Alby or Al’s life. Whatever you like to call him, he has travelled a remarkably straight path in his life - always had work from his early days with his father in the tree business, and a very capable man. He was eligible to enter West Point but instead chose to attend Mass Aggie in it’s 1st year to study arboriculture. To make a long story short, he started his own tree company called AW Dodge in Wenham, “seeing a great need for growing more trees, a whole lot more. He wanted to find ways, through preventative care, to ensure the health, beauty and safety of trees.” (Hauck, 2011) He still loves talking about trees!

When building the high school, he told me what he brought to the table in Sept., 1961 was his knowledge of all the properties in town from his work as an arborist. The committee settled on the current site of the high school after considering as many as 150 different locations, most coming from Al’s familiarity with all the estates in Hamilton and Wenham. He spoke fondly of the capabilities of each and every member of the committee. We spoke for quite awhile about volunteerism back in his time and how hard it is to find people with time to volunteer their talents these days.

We surmised all the obvious reasons it’s so hard to put a team together like the one he was part of in the early 60’s but safe to say it is a memory he cherishes deeply. Since his time the two towns have completed many building projects. Like Alby, I volunteered for 4 years on the Joint Library Committee, and no matter how small my contribution, the value was largely in getting to know such a diversely talented group of people. I spent the weekend reading Jack Hauck’s book about this remarkable man and I recommend you read it. His timeless message lies in the great value of volunteering.

Jim Reynolds



Programs and Events

Internet Cafe—The Wenham COA will be on the 2nd Wednesday of each month. Our second meeting is Wednesday May 14, from 2 pm - 4 pm. We will have a computer hooked up to the “big” screen, and our tech volunteers will bring their iPads, laptops (both Mac and PC) for hands on instruction. Our goal is to help understand Facebook or maybe demo Skype. We teach folks how to access online social media sites, to see their friends’ and grandchildren’s photos, and maybe upload some photos of their own. If folks like the idea, we can do more internet cafés monthly or even weekly. Future topics might include helpful websites, interesting video clips, TED Talks, and we offer other times on the calendar for dropping in for help with anything computer related. You just have to call us at (978) 468-5534.

NEW Knitting Group - 4th Thursday of May 22, from 3-4:30 pm Penny Wingate and Buffy Colt are starting a “knitting group” that aspires to be for any kind of handwork, done for whatever reason. They will meet at the COA monthly as a social get together, with chatting, helping each other, serving light refreshments. Crotchet, sewing and quilting, is welcome, at any level, they guarantee fun! People with a specific skill are welcome to come and share their expertise or talk to a group about techniques and special projects. If the group gets going, the leaders may meet more frequently.

Newly Bereaved - 1st Thursday of every month (6:00 - 8:00 PM) in Danvers (Former Kaplan House). A one time workshop for loss of 1—3 months. **Young Widowed**, Thursdays, 6:30pm - 8pm, March 6 - April 24. **Loss of Spouse/ Partner**, Tuesdays, 6:30pm - 8pm, March 18 - May 6. **CONTACT: Bertolon Center for Grief & Healing**, 78 Liberty Street, Danvers, MA. 01923. For more information or to register call (855) 774-5100. Email: grief@CareDimensions.org.

Senior Circuit Breaker Tax Credit - You are eligible if you are 65 or older and your real estate taxes are greater than 10% of your income. Homeowners and renters can claim the credit for 2013 tax returns, total income for single people cannot exceed \$55,000 (\$69,000 for a head of households or \$82,000 for a married couple). For homeowners, the assessed value of their primary residence cannot exceed \$700K.

Wenham COA Movies

On Tuesday, May 6 at 10 am - **12 Years a Slave** In the pre-Civil War United States, Solomon Northup, a free black man from upstate New York is abducted and sold into slavery. In the twelfth year of his unforgettable odyssey, Solomon's chance meeting with a Canadian abolitionist will forever alter his life. *R/134 mins.*

On Thursday, April 22th at 2 pm - **The Book Thief** The story of a spirited and courageous young girl named Liesel, who transforms the lives of everyone around her when she is sent to live with a foster family in World War II Germany. For Liesel, the power of words and of imagination becomes a means of escape - and even joy - from the tumultuous events enveloping her and everyone she knows and loves. *PG-13/131 mins.*

THE WENHAMITE MAY 2014 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall

HWL: Hamilton Wenham Library
HWCH: Hamilton Wenham Community House
ENON: Enon Village

HWR: Hamilton Wenham Recreation Dept.
HWM: Hamilton Wenham Museum
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
			1 *Market Basket *Balance+-W- Regina 12:30pm - 1:30pm Cribbage - HWL - 10am	2 “Mingling Souls Upon Paper; an 18th Century Love Story” HWL - 10:30 AM Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM
5 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	6 *MOVIE - 10 am 12 Years a Slave Sen. Tarr Rep. Dick Curran *W 12-2pm *Chair Yoga-W- Lisa 12:30pm - 1:30pm	7 Bridge - HWL - 10am TaiChi - HWCH - 10am COA OPEN HOUSE 2-4 PM	8 *Market Basket “Witness the Fitness” Walking Club (H) 9 am Cribbage - HWL - 10am *Balance+-W- Regina 12:30pm - 1:30pm “Memory Café” HWM 2 - 4 pm *Book Club 2nd Mtg W - 3 PM	9 Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM <u>SATURDAY 10th COFFEE >>>9-10:30AM</u>
12 *SHINE W 10am - 12p Audiology - H - 12pm-2 Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm *Computer Help 9 - 4pm	13 *Chair Yoga -W- Lisa 12:30pm - 1:30pm H-W Library - 11:30a Literary Lunch TRIAD Meeting - W 10 am - Fire, Police, COA & Sheriff COA Board - 1:30 pm	14 *Low Impact Aerobics LEG 8:30-10:15a Blood Pressure Clinic H - 9am-12pm Bridge - HWL - 10am TaiChi - HWCH - 10am *Internet Café - W 2pm.	15 *Market Basket Cribbage - HWL-10am *Audiology - W - 12pm *Balance+-W- Regina 12:30pm - 1:30pm	16 Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM *Computers - Open House W - call (978) 468-5529
19 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	20 *Chair Yoga-W - Lisa 12:30pm - 1:30pm *MOVIE - 2 pm The Book Thief	21 Bridge - HWL - 10am TaiChi - HWCH - 10am Operation Safe Watch Lunch - Fire Station 12 noon “The Ipswich River” - HWL - 7pm COA OPEN HOUSE 12-4 PM	22 *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 12:30pm - 1:30pm *NEW Knitting Group 3pm - 4:30pm	23 Zumba G HWR 9am Gentle Joints H 10-11am Seniors Helping Seniors *8:30AM - 12:30 PM Call Lisa at 468-0496 BINGO - ENON - 2PM <u>SATURDAY 24th COFFEE >>>9-10:30AM</u>
26 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W - 6:30 - 8:30 pm *Computer Help - W 1pm - 4pm	27 *Chair Yoga -W - Lisa 12:30pm - 1:30pm Open Art Studio 10 am - 4 pm	28 Low Vision-H - 10:30p Blood Pressure Clinic H - 9am-12pm *Podiatrist W - 9:00am TaiChi - HWCH - 10am *ART CLASS WITH ALEAH 2 PM	29 *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 12:30pm - 1:30pm	30 Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM

Day Trips with Ipswich and Hamilton

Call 978-468-5534 to sign up and full pay is required

May 15th - Authentic Maine Lobster Bake - Thursday, May 15th, \$69/pp . Travel to Scenic Nubble Light and York Village where you will have time to browse through boutiques or stroll along Ocean Drive. The feast on a delicious lobster bake (or BBQ chicken) that is steamed over a roaring wood fire. Enjoy live musical entertainment as you dine. We will drive home along the scenic Atlantic Seacoast and visit the “Where Pigs Fly Bakery” and Stonewall Kitchens. **FULL.**

July 17th - Majestic Maine Cruise - Thursday, July 17th, \$79/pp. Board a ferry in Portland for a two hour narrated tour of Casco Bay, it's many beautiful islands and the beautiful Maine coast. At Bailey Island you will have a delicious luncheon at Cook's Lobster House which overlooks a spectacular view of Casco Bay and the world's only Cribstone Bridge. Later you will visit the outlets in Freeport, Maine for some shopping.

August 14th - Cape Cod Canal Tour - Thursday, August 14, \$74/pp. Brimming with history, age old charm and scenic sights, Sandwich will delight you with it's many attractions. You will visit the Sandwich Glass Museum and then enjoy the Grand Buffet at the Daniel Webster Inn. The special highlight of the day is a narrated two hour cruise of the Cape Cod Canal. You will learn the history of this important maritime resource and how it boosted New England commerce since its inception.

October 9th - NH Turkey Train - Thursday, October 9, \$72/pp. Board the scenic railroad dining car to enjoy the changing colors of sugar maples. You will be served a delicious full course luncheon featuring Hart's Turkey Farms roast turkey dinner. You will also enjoy a visit to the magnificent Clydesdales at the Anheuser Busch brewery in Merrimack, NH.

November 13th - Foxwoods Casino - Thursday, November 13, \$27/pp. Trip on the Luxury Silver Fox Motor Coach. Trip includes a delicious festival Buffet or \$10 food voucher plus \$10 casino slot play.

December 11th - Indian Head Resort Christmas Tour - Thursday, December 11, \$69/pp. This trip includes a welcome cocktail reception, a spectacular holiday revue show, sing-a-long and a delicious buffet luncheon on 180 acres of scenic splendor in New Hampshire's spectacular White Mountains.

Wenham Van Transportation Services

MARKET BASKET EVERY THURSDAY

*****Park at the Wenham COA, be green and enjoy the company of your friends*****

GIVE US YOUR IDEAS ON HELPFUL WEEKLY DESTINATIONS

Call Dispatch: 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm

24 Hr. Advance Notice Preferred

Low-Vision Group Meeting

Presentation from Jaimi Lard on Wednesday, May 28th from 10:30 am - 11:15 am followed by lunch with the Travelling Chef. Jaimi is spokesperson from ***Perkins School for Blind***, about growing up deaf and nearly blind. This is a joint program sponsored by the Hamilton and Wenham Councils on Aging and the Low Vision Group. Like Helen Keller, Jaimi's family feared she might be “uneducable.” Also like Helen Keller, Jaimi defied expectations. Her parents hired tutors to teach her sign language. She graduated from Perkins in Watertown, MA, where she also participated in a vocational training program that earned her a job at Brigham and Women's Hospital, delivering mail and medical samples. In 2000, Jaimi became an official spokesperson for Perkins. While an independent living counselor helps answer mail, pay bills and run errands, Jaimi relies on computer technology and large print software to complete a variety of other daily activities, including shopping, reading the newspaper and sending email.

Highlights Around Town



<<< **PIZZA AND PAINT PARTY - Wednesday, May 28th at 2 pm** in our COA Building on 10 School Street we will be EXPLORING OUR ARTISTIC SIDE...again. The initial phase involves laying a base coat which takes about 15 minutes to dry. During that time we'll feast. The idea has been stolen from our inspired city kids, a new form of entertainment. They call them "PAINT NIGHTS" and they happen in bars. One artist features their work and they help you with duplicating it ! If you are interested please call so we know our headcount **(978) 468-5534**. We'll be painting the work pictured to your left by artist Aleah Gates. Check it out! <http://paintnite.com/pages/home/index>

Poetry Reception and Awards

Thurs, May 15 at 7– 9pm

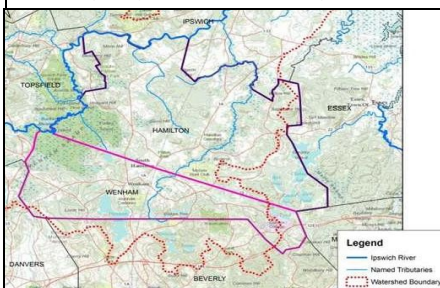
Host: John Perrault

<http://www.johnperrault.com/>



Alan Perkins Photograph

IPSWICH RIVER WATERSHED



<<<Discover the Library!

Book Discussion, Fri, May 2nd, 10:30 am *Mingling Souls Upon Paper: An 18th Century Love Story*. Judith was 23, lovely, and intellectually curious. John was 33, who with his charismatic presence and outgoing personality dominated the room. But Judith was married. Using Judith's letters to tell the timeless love story of these two prominent eighteenth century figures, the author skillfully brings to life their story.

Discussion: The Ipswich River: Lifeblood of our Communities, Weds, May 21st, 7 pm. Wayne Castonguay, Executive Director of the Ipswich Watershed, will discuss the importance of the Ipswich River to residents of Wenham and surrounding communities with a focus on the history, ecology, and our drinking water supply. His slides will be followed by a discussion with audience members about the major issues facing the river today.

Literary Lunch, Tuesday, May 20th 11:30 –12:30 pm:

The featured title is *Nothing Daunted: The Unexpected Education of two Society Girls in the West* by Dorothy Wickenden. A captivating full-length book derived from a widely read and much beloved New Yorker piece about Wickenden's grandmother and her grandmother's friend who left their affluent East Coast lives to 'rough it' as teachers in the wilds of Colorado. Bring your brown-bag lunch; coffee, tea and dessert will be provided.

Book Club or Reading Group - Penny Wingate, Buffy Colt and Lucy Frederiksen have started a Book Club or Reading Group. The next meeting is scheduled for Thursday May 8th at 3 pm. (They will each discuss their own books at the next meeting.) This new group may decide to read the same book, or just continue to talk about what they are currently reading and the share favorites with other readers in Wenham. They have three co-leaders, and the group is guaranteed to happen. They promised to take turns on who picks the book. Refreshments are provided.

OPERATION SAFE WATCH (& LUNCH) - MAY 21ST- WEDS @ 12 NOON (FIRE STATION)

The **Wenham Police Department** will be launching a **NEW** program called **Operation SafeWatch**.

Operation SafeWatch will be a way for older adults, their families, or any resident with a loved one who may have dementia, or other mental health issues, to **CONFIDENTIALLY** share particulars with the Wenham

Police Department, in advance of any problems. Officer Chad LaBrie will be the point of contact for the Department for this endeavor. The collaborative goal with the **Wenham Police**, and the **Wenham C.O.A.** will be to gather information in advance of any issues arising, and hopefully we will never have the need to use it. But, it is far better to have it if needed, than to not have it and need it! What history has shown us is that the first hour or two can be critical for locating someone who has wandered off due to illness or a change in medication status. Much of the first hour or two is used gathering descriptions of people/vehicles, habits, frequently visited places so having this information in advance will be helpful for everyone. On **May 21st** we will be holding an event at the fire station at noon and serve a hearty lunch.

Wenham COA
10 School Street
Wenham, MA 01984

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Permit No. 111
WENHAM, MA 01984

Wenham COA will sponsor an OPEN House every other Wednesdays, May 7th and the 21st from 2-3 PM with different speakers and those interested in learning more about the services of the Council on Aging.

Wenham Council on Aging is looking for volunteer help with hospitality for every other Weds, 2pm and Saturdays, 9am

Wenham Issues of Social Service Help - WISSH Confidential temporary financial and social service assistance. (978) 468-5520 x9

Memory Café will be held at the Wenham Museum on Thursday, May 8th for both caregivers and those for whom they care.

Senator Tarr's District Office Hrs
Wenham Senior Center
Tuesday, May 6th from 12PM to 2PM

Deliver to addressee or current resident

It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so!
~Mark Twain

Wenham Board Members

Chairman - Lucy Sprague Frederiksen
Roseann Brozenske - Vice Chair
Juliana Dodge - Secretary
Peggy Gauthier
Diana Lang
Elizabeth Colt
Penelope Wingate

Friends of Wenham COA

Trudy Reid - President
Tom Tanous - Vice President
Bob Wilkes - Treasurer
Jim Howard - Secretary

Adult Swim Programs

Lap Swimming and Water Exercise
Cost: 20 Visits for \$65 (\$3.25 per visit)
Register through the **HW RECREATION**

(978) 468-2178
Location: Gordon College
Bennett Center

Fitness Works!

Mon., Weds., & Fri - **1st time free.**
3 sessions at the H-W Legion Hall
from 9:00 - 10:45 am.

*Aerobic endurance, muscular strength, flexibility,
balance, coordination, dexterity and relaxation.*

Call Barbara Thompson (978) 887-9192

HEALTH AND WELLNESS

(978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~
~ CALL US TO SIGN UP ~

CHAIR POSE YOGA
TUES. CLASS WITH LISA B.
12:30 - 1:30 PM

STRENGTH ~ BALANCE
ENDURANCE ~STRETCHING
THURS. CLASS W/ REGINA B.



8 THEATRE TICKETS—Larcom Theatre

Call (978) 468-5534 ~ Friday, May 9th at 2 PM



The Wenham COA has purchased 8 tickets for May 9th at 2 pm!
Call us today! First come, first serve!

100 Years of Broadway recreates the greatest moments from the finest shows of the century featuring the actual stars of shows such as *The Phantom of the Opera*, *Les Miserables*, *CATS*, *Jesus Christ Superstar*, and *Jekyll & Hyde*.